



Adult day programs

Centre-based programs and experiences based on *your* goals and *your* idea of a good day

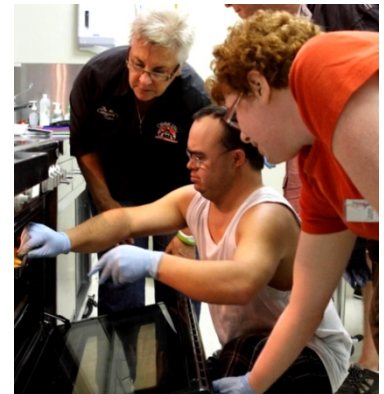
From cooking to karate, gardening to karaoke, ACES offers a variety of activities. What you do depends on you.

Some people want to learn new skills or become more independent or active in the community.

Others just want to have fun.

Activities available include:

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|--|---|
| <input checked="" type="checkbox"/> sports & games | <input checked="" type="checkbox"/> training / learning |
| <input checked="" type="checkbox"/> music, drama & art | <input checked="" type="checkbox"/> movies and outings |
| <input checked="" type="checkbox"/> community volunteering | <input checked="" type="checkbox"/> time at the beach or pool |



You choose the activities you want - it's all about developing your skills and working towards your goals.

Transport to and from the centre can be arranged if required.

Find out more about what's on offer at ACES phone Kathy on (02) 6581 2348.



ACES disability
services
everyone makes a difference

ACES Incorporated
Main Centre: 3 Fernhill Rd, Port Macquarie NSW 2444
ph: (02) 6581 2348 email: aces@acesincorporated.org
www.acesincorporated.org